

**ABSTRACT OF THE DISCLOSURE**

A method for dynamically analyzing an individual's foot during a stride of the foot. The method receives a plurality of pressure readings taken from a pressure platform adapted to be stridden upon by the foot, wherein the pressure readings comprise a position value, a pressure value and a time; determines a cushioning requirement based on the plurality of pressure readings; determines a pronation requirement based on the plurality of pressure readings; and suggests a level of cushioning and a degree of pronation based upon the cushioning requirement and the pronation requirement